



Pairs Final

“THREE FINGERED JACK”

Final 1:

Athlete 1 for Time
45/35 Calorie Airdyne
16 Bar MU*
11 Sandbag Cleans, 150/100*

Final 2:

Athlete 2 For Time:
45/35 Calorie Airdyne
16 Bar MU*
11 Sandbag Cleans, 150/100*

*RX Pairs will perform 7 bar muscle-ups and 5 sandbag cleans.

Points Available: 200 (100 for Final 1, 100 for Final 2)

Time Cap: 5:00 each athlete

Event Flow

At the call of go, athlete 1 will perform 45/35 calories on the Airdyne, 16 bar muscle-ups, and then 11 Sandbag cleans for time. For the RX Pairs, the numbers are 45/35-7-5. After an equipment reset, athlete 2 will perform the same event. Both are worth 100 points.

Movement Standards

For the start, athletes will be in the prone position with hands on their head.

On the Airdyne, athletes may adjust the seat before and/or during the event, but may not touch the monitor at any time. In the event of a monitor malfunction, the judge will raise an orange flag in the air and a horn will sound. If athletes hear the horn after the event as started, they must stop and the entire heat will restart.

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

For the sandbag cleans, the athlete must lift the sandbag and pass it over either shoulder. The bag must pass over the shoulder and not around. A pause at full hip and knee extension is not required, however the athlete must move the bag over their shoulder, not duck under the it. Hips must extend at some point during the movement. Any effort to shorten the range of motion by an athlete moving their body under the bag instead of the bag over their shoulder while standing tall will be considered a “no rep.”

Judges will be watching two things: hips must open at some point and bag must pass over the shoulder, not around.

Elite pairs will complete 4 sandbag cleans in the first section, 4 in the second, and 3 in the third before advancing to the finish. RX pairs will perform 2, then, 2, then 1.

For the finish, athletes must cross the finish line with both feet.

Scoring

Final 1 is 100 points. Final 2 is 100 points. The time cap for each portion is 5:00. Any reps not completed within the 5:00 time cap will be added as additional seconds to their cap time. For example, if an athlete completes all the work except the final sandbag clean within the 5:00 cap, their score will be recorded as 5:02 on the leaderboard, a one second penalty for not completing the final clean and another for not reaching the Finish line. Athletes will choose their final event order. Either athlete may go first or second.